



Weight Loss Done Right!

Big Mac in a Bowl

This recipe is one of the most popular among dieters and won't disappoint!

Ingredients:

- 8 oz ground beef (90/10)
- 1 teaspoon minced onion
- 46 grams dill pickle, chopped (approximately 2 dill spears)
- 2 tablespoon Walden Farms Thousand Island Dressing
- 1 ½ ounces iceberg lettuce, shredded
- 1 pinch salt, to taste
- 1 pinch black pepper, to taste

Directions:

1. Brown the ground beef in a skillet over medium high heat.
2. Drain off any fat, season with salt and pepper.
3. Put the meat in a large salad bowl and add the remaining ingredients.
4. Toss and eat at once.